



What is a HEALTHY DIET ?

A healthy diet means eating nutritious and wholesome foods in balanced amounts.

This includes:

- Not too much nor too little food.
- Not too much fat and sugar.
- Not too much salt.
- Adequate carbohydrates, fibre and protein.

What ingredients make a Healthy Diet?

- Carbohydrates and fibre such as wholegrain breads, high fibre cereals, wholemeal pasta, oats, brown rice, legumes (e.g. lentils), fruit and vegetables.
- Proteins such as beans, legumes (e.g. lentils), lean meats, poultry (with skin removed), fish and low fat dairy products.

These foods supply you with energy and adequate vitamins and minerals.

What foods should be limited?

- Too much fat as cream, butter/margarine, fried foods and many take-aways.
- Too much sugar as lollies, chocolates, cakes, pastries, soft drinks and cordials.
- Too much alcohol.

What are the benefits of a Healthy Diet?

- To keep fit and well.
- To keep alert and active.
- To prevent illness.

Where is there more Diabetes Information?

Diabetes Australia - Victoria
3rd Floor, 100 Collins Street,
Melbourne Vic 3000
Phone (03) 654 8777 or country
callers (toll free) 008 015 115



Where is there more Information about Vic Health - Phone (03) 347 3777

HEALTHY DIET-TRY IT!

Australian Women's Soccer Association

Senior National Championships



ROSS RESERVE, SPRINGVALE

18-24 SEPTEMBER 1994

HOSTED BY VICTORIAN WOMEN'S SOCCER ASSOCIATION.
SPONSORED BY **DIABETES AUST - VIC.**

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The traditional red boxes of ERNEST HILLIER DELECTABLE CHOCOLATES are produced in various weights and assortments ranging from the smallest to the largest box.

In 150grams - 250grams - 375grams - 500grams - 750grams & 1 kilogram.

All have a selection of soft and hard centres and are available in milk, dark and milk and dark chocolate.

The 300grams YARD OF CHOCOLATE is available only in milk and dark selection.

The 250grams CONSUMER SACHET PACK is available in an assortment of milk or dark and milk & dark chocolate.

The delectable centres include flowing fruit creams, rich caramels, chewy nougats and true fruit pectin jellies smothered in our own ERNEST HILLIER crisp, smooth chocolate.



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

PRESIDENT'S MESSAGE

These are exciting times for women's football. Now that soccer is confirmed as a sport in Atlanta '96 and Sydney 2000 we have a magnificent opportunity to promote this great game more widely. National titles such as this enable us to show our sport to its best advantage and I want to congratulate all players on being selected for their State and for making these Titles the spectacle I know they will be.

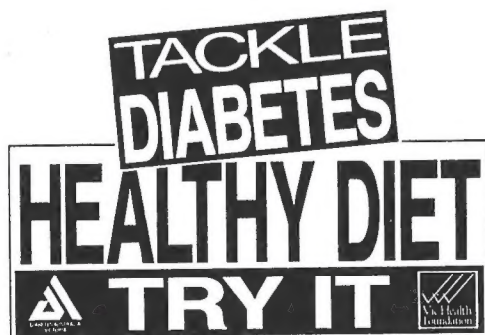
Unfortunately, commitments associated with the Oceania World Cup Qualifying Tournament in Papua New Guinea in October prevents our National players from being here. The fact that States have been able to field such strong teams without their current national team members is testimony to the huge development of the game at the elite level. I know that the players who have been honoured by State selection will make this a memorable tournament. Certainly some will be part of the national team in the future.

On behalf of the AWSA, I would like to thank the Victorian Women's Soccer Association and particularly the Tournament Coordinator Nicky Azzato. I know that this week will be a great success.

Finally though, I would like to take this opportunity to thank all of those other people without whom these Titles could not proceed. We are indebted to the coaches, managers, administrators, game officials, sports medicine personnel, parents and spouses, the media and sponsors and the many club volunteers who have enabled this elite tournament to proceed.

All the very best for the week.

Dennis O'Brien
AWSA President



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

TOURNAMENT TIMETABLE

SPRINGVALE CITY SOCCER CLUB
ROSS RESERVE, CORRIGAN ROAD, SPRINGVALE PH. 547 2199
18TH - 24TH SEPTEMBER 1994

ALL MEETINGS will be held at:

The Dingley International Motor Inn
334 Boundary Road
Redwood Gardens, Dingley Village 3172
PH: 551 8411

Friday 16th September

12.00pm - 5.00pm AWSA Board Meeting
7.00pm - 10.00pm Management Committee Meeting

Saturday 17th September

9.00am - 12.30pm Management Committee Meeting
1.30pm - 3.00pm Annual General Meeting
3.30pm - 6.00pm Management Committee Meeting; and
Committee for Women's Football Meeting
7.00pm - 9.00pm State Coaches and Managers Meeting

Sunday 18th September

9.00am OPENING CEREMONY (Ross Reserve)
OFFICIAL OPENING
9.30am Morning Tea for Officials and Guest

TOURNAMENT FIXTURES (18TH - 23RD September)

Sunday 18th	10am	11.30am	1.00pm	2.30pm	4.00pm
Monday 19th	10am	11.30am	1.00pm	2.30pm	
Tuesday 20th	9.30am	11.00am	12.30pm	2.00pm	3.30pm
Wednesday 21st	10am	11.30am	1.00pm	2.30pm	
Thursday 22nd	9.30am	11.00am	12.30pm	2.00pm	3.30pm
Friday 23rd	3.00pm	4.30pm	6.00pm	7.30pm	

Tuesday 20th - Civic Reception
Council Chambers
City of Springvale
397 - 405 Springvale Road

Thursday 22nd - Trivia Night - 7.30pm
Springvale City Soccer Club
Ross Reserve

Saturday 24th - 1.00pm (1 v 2 Placed Teams)

Saturday 24th - 7.30pm PRESENTATION NIGHT
Redwood Receptions
14 Garden Boulevard
(Cnr Lake Drive) DINGLEY

REDWOOD RECEPTIONS

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(off Lake Drive), Melway Ref 88

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Fax: 551 2044

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Baptisms
Dinner Dances
Conventions etc

If you are interested in holding a function with us, please call either of our directors, John & Stace Dimtsis, and we will be pleased to take your calls.



HEALTHY DIET - TRY IT 21ST NATIONAL CHAMPIONSHIPS 1994

EXECUTIVE DIRECTOR'S MESSAGE

All States will be represented at these 21st National Women's Championships, being hosted by the Victorian Women's Soccer Association at Ross Reserve, Springvale, Victoria.

This is an exciting time for women's soccer in Australia. The introduction of women's soccer into the Olympic games and the impact of Sydney's achievement in securing the 2000 Olympic Games has further enhanced the sport. This International recognition is led by the Australian Sports Commission and Australian Olympic Committee aimed at introducing academy structures and providing further development assistance.

Last years Championships produced a most exciting competition, and it is expected that this year's event will be just as close. The mixture of Youth and experience being introduced by many of the States is a sign of the ongoing development being undertaken by the States. Reigning champions, New South Wales will be facing a difficult task to retain the Championship trophy.

I would like to thank Nicky Azzato and officials from the Victorian Women's Soccer Association for their work in preparing these Championships. Good luck to all the players and I hope everyone has a most rewarding week of football.

Paul Turner
AWSA National Executive Director

The AWSA would like to acknowledge the support of the following Kickstart Corporate Sponsors:

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MASTER SUPPORTERS OF THE AWSA:

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AUSTRALIAN SPORTS COMMISSION
AUSTRALIAN OLYMPIC COMMITTEE



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... your hosts & the AWSA ...

VWSA Executive Committee

President	Jason Hoar
Vice-President	Maria Berry
Secretary	Robert Poole
Treasurer	Lisa Davis

Competitions Officer

Betty Hoar

Public Relations Officer

Peter Athanasiadis

Development Officer

Jane Oakley

State Rep Squad Co-ordinator

Loris Browning

Tournament Organiser

Nicky Azzato

AWSA Officials

President	Dennis O'Brien
Vice President	Peta Winzar
Directors:	
Administration	Peta Winzar
Finance	Kerry Harris
Development	Andrew DeAmbrosis

Executive Director	Paul Turner
Executive Assistant	Elizabeth Halliday
Administrative Asst	Nicole Lawrence
National Team Asst	Sarah Groube

National Coach	Tom Sermanni
Youth Coach	Peter Kelly
Junior Coach	Clive Mackillop

Life Members:

Elaine Watson - 16.8.1981
Irene Sneyd* - 5.9.1984
Betty Hoar - 10.9.1986
Jim Selby - 10.9.1986
Stephanie Quinn - 15.9.1991

Springvale City Soccer Club
Ross Reserve
Corrigan Rd, Springvale

Ella Crystal

State Associations

ACT Women's Soccer Association Incorporated
New South Wales Soccer Federation Limited
Northern New South Wales Women's Soccer Federation Incorporated
Northern Territory Women's Soccer Federation Incorporated
South Australian Women's Soccer Association Incorporated
Tasmanian Women's Soccer Federation Incorporated
Victorian Women's Soccer Association Incorporated
Western Australian Women's Soccer Association Incorporated
Women's Soccer Queensland Incorporated



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... FROM THE VWSA PRESIDENT

On behalf of the Victorian Women's Soccer Association I would like to welcome all players, officials and spectators to Ross Reserve, Springvale, for the 1994 'Healthy Diet - Try It' A.W.S.A. National Open Championships.

We are proud to host this event at one of Melbourne's Premier soccer venues, and would like to acknowledge the support of Springvale City Soccer Club; I'm sure you will all enjoy the comfort of the facilities and the playing surface should provide for a highly skilled and competitive week of soccer.

Women's soccer in Victoria is currently enjoying a period of rapid growth, due largely to our Vic Health and Diabetes Australia Sponsorship - our eternal thanks to Chris Tice and Sue Howard for their support and assistance.

As always there are a number of behind-the-scene workers, toiling away to ensure the success of these tournaments. To Nicki Azzato and her team of volunteers, the VWSA Executive Committee, the Referees, and all other volunteer officials I offer my sincere thanks; the value of volunteers to our sport is invaluable and greatly appreciated.

Although our current National Team players are not with us this week, our new National Coach, Tom Sermanni (Welcome Tom!) will be watching with great interest to strengthen his squad as we ensure our qualification for Sweden '95 and Atlanta '96. This is a most exciting time for Women's Soccer and I'm sure that will be well evident in the on-field performances this week.

Gook Luck to you all.

Jason Hoar





HEALTHY DIET - TRY IT

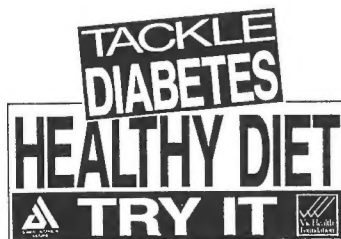
21ST NATIONAL CHAMPIONSHIPS 1994

RECORD OF AWSA NATIONAL OPEN AGE CHAMPIONSHIPS

YEAR	VENUE	TEAMS AND	R/UP	1ST
1974	Sydney	SQLd, VIC	NN/WA	NSW
1975	Brisbane	NSW, NN, VIC, NT	SQLD	WA
1976	Melbourne	NNSW, WA, VIC, NT	VIC	NSW
1977	Perth	NNSW, WA, VIC, NT	SQLD	NSW
1978	Newcastle	NNSW, SQLD, VIC, NT	NSW	WA
1979	Darwin	NNSW, WA, SQLD, NT, SA	VIC	NSW
1980	Adelaide	WA, SQLD, VIC, NT, SA, ACT, TAS	NNSW	NSW
1981	Sydney	NNSW, WA, VIC, NT, SA, ACT, TAS	SQLD	NSW
1982	Brisbane	NSW, WA, VIC, NT, SA, ACT, TAS, NQ	NNSW	SQLD
1983	Perth	NNSW, WA, VIC, NT, SA, ACT, TAS	SQLD	NSW
1984	Canberra	NSW, NNSW, WA, VIC, NT, ACT, TAS	SA	SQLD
1985	Melbourne	NNSW, WA, VIC, NT, SA, ACT, TAS	SQLD	NSW
1986	Adelaide	NNSW, VIC, NT, SA, ACT, TAS	SQLD	NSW
1987	Alice Springs	WA, SQLD, NT, SA, ACT, TAS	NNSW	VIC
1988	Newcastle	NNSW, WA, VIC, SA, ACT, TAS	SQLD	NSW
1989	Canberra	NSW, NNSW, WA, NT, SA, ACT, TAS	SQLD	VIC
1990	Sydney	WA, VIC, SA, ACT, TAS	SQLD	NSW/NN
1991	Canberra	WA, VIC, SA, ACT, TAS, NNSW	NSW	SQLD
1992	Brisbane	ACT, NNSW, NSW, SA, TAS, WA	QLD	VIC
1993	Perth	NSW, QLD, WA, SA, VIC, NT, ACT NNSW, TAS	QLD	NSW

Challenge Cup Winners

1987	1 v 2 NNSW d Victoria
1988	Winners after Final Round: NSW
1989	Winners after Final Round: SQLD



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

	1994/95 JUNIORS	1993/94 YOUTH	1993/94 WOMEN'S
ACT	Danica Ralston Amy Taylor Amy Wilson	Tammie Bell	Julie Murray Sacha Wainwright Angie Bean Karly Pumpa Sarah King
NSW	Vanessa Williams Bridget Harries Kelly Golebiowski Melissa Link Rochelle Doyle Nicole Davis	Hannah Burton Joanne Peters Tracy Weston Michelle Watson Megan Clayton Kristen Spinner Alison Hayes	Anissa Tann Traci Bartlett Denie Pentecost Jackie Hadden Susan Read Moya Dodd Lisa Van Dorp Amanda Paterson
NNSW	Tracey Baker Tamara Hackett Tracie McGovern	Bridgette Starr	Alison Forman Cheryl Salisbury Lisa Dunne Linda Hughes
NT			Sarah Cooper Nicole Green
QLD	Alicia Ferguson Olivia Hohnke Catherine Roncato Kylie Terry Kelly Polakow Joanne Butland	Kim Revell Corinne Currey Belinda Kitching Tanya Cowen Emma Cook	Kaylene Jansen Tanyo Corbett Leanne Priestley Mia Thompson Trena Youngblutt Louise McMurtrie Katie Smith Sonia Gegenhuber Nadia Toffeti Claire Nichols
SA	Dianne Alagich Claire Siggery	Kristy Moore Bess Hepworth	Tracey Jenkins Sharon Black Karen Young
TAS	Stacey Brown Zoe Nolan	Sarah Fitzgerald	Carolyn Jones
VIC	Joanne Satler	Chris Tsamasiros	Jane Oakley Nicky Azzato
WA	Candice McMinn		Lizzy Claydon Tracey Wheeler Sonia Paul

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"Proudly sponsoring the Senior Victorian Women's Soccer Team"



HEALTHY DIET - TRY IT 21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

VICTORIA

TEAM COLOURS:

White

COACHES:

Paul Wade & Jeff Olver

MANAGER:

Loris Browning

SPORTS TRAINER:

Bailey Browning

No.	Name	Team
1.	Theresa Jones	Berwick
2.	Katrina Richter	Doncaster Rovers
3.	Francine Dwyer	Sth Melbourne
4.	Denise Spencely	Berwick
5.	Kate Warren-Smith	Doncaster Rovers
6.	Andrea Martin	Heidelberg
7.	Lee-Anne Hamilton	Berwick
8.	Denise Wong	Doncaster Rovers
9.	Jane Oakley <i>c</i>	Berwick
10.	Nicky Azzato	Sth Melbourne
11.	Debbie Nichols <i>vc</i>	Berwick
12.	Melinda Marty	Sth Melbourne
13.	Lisa Davis	Doncaster Rovers
14.	Denise Wright	Berwick
15.	Kate Walker	Sth Melbourne
16.	Fiona Young	Sth Melbourne
17.	Kellie Warton	Sunshine
18.	Allison Brain	Melton
18.19.	Stacey Bogers	Ballarat



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

ACT

TEAM COLOURS:
Royal Blue and Gold

COACH:
Clive MacKillop

MANAGER:
Glenda Hall

ASSISTANT:
Jenny Skorupa

No.	Name	Team
1.	Sara King	Stormbirds
2.	Sarah Groube	Canberra City
3.	Carmel Carters <i>C</i>	Canberra City
4.	Kim Williams	Weston Creek
5.	Cathy Grassick	Weston Creek
6.	Katrina Alexander	Canberra City
7.	Alex Jancevski <i>KARLY PUMPA</i>	ACT
8.	Tiahn Pampa	Canberra City
9.	Heather Birnie	Canberra City
10.	Angie Bean	Canberra City
11.	Amanda Butler	Canberra City
12.	Emily Lancsar	Weston Creek
13.	Vanh Manthongsy	Stormbirds
14.	Jonelle Lancashire	Weston Creek
15.	Katrina Fanning	Canberra City
17.	Tory Turner	Canberra City

CarCare

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Sam Nash

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Mobil



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

NEW SOUTH WALES

TEAM COLOURS:
Sky Blue & Navy Blue

COACH:
ANISSA TANAN

MANAGER:
MARI-LUISE AGINS

SPORTS TRAINER:
LES EDWARDS

No.	Name	Team
1.	Toni McMahon	
2.	Lisa Warrenner <i>C</i>	
3.	Kristen Spinner	
4.	Julie Ward	
5.	Kaye Yardin	
6.	Yvette Jaeger	
7.	Nicole McNamara	
8.	Michelle Watson	
9.	Michelle Prouten	
10.	Jackie Hadden	
11.	Kim Lembryk	
12.	Traci Bartlett	
13.	Hannah Burton	
14.	Lisa Turnbull <i>DEBBIE TAIT</i>	
15.	Kristie Smith	
16.	Kim Schaeffer	

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Andrea Martin

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HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

NORTHERN NEW SOUTH WALES

TEAM COLOURS:
Red/White/Black

COACH:
Arthur Jessup

MANAGER:
Maureen Bashford

SPORTS TRAINER:
Dawn Riggett

No.	Name	Team
1641.	Vikki Roex <i>VC</i>	Macquarie
2.	Sarah Burrough	Central Coast
3.	<i>DEBBIE BRYANT</i>	
4.	Lisa Maree Price	Far North Coast
7.8.	Sharon Young <i>C</i>	Hunter
6.	Justine Fisher	Hunter
7.	Anne-Marie Csuka	Hunter
8.	Joanne Powell	Far North Coast
9.	Deborah Macpherson	Macquarie
10.	Toni Bashford	Macquarie
11.	Kristy Mehan	Hunter
12.	Dianne Towill	Macquarie
13.	Jodie Houghton	Macquarie
14.	Merryl Geribo	Hunter
15.	Yolanda Lica	Macquarie
18.	Joanne Ross	Central Coast



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

NORTHERN TERRITORY

TEAM COLOURS:
White/Black/Ochre

COACH:
Lenny Kilmartin

MANAGER:
Dulcie Munn

ASSISTANT COACH:
Nick Boubaris

ASSISTANT:
Kelly Shephard

PHYSIO:
Jenny Cooke

No.	Name	Team
1.	Cheryl Durrant	Nightcliff
2.	Sam Bamber	Mindil Aces
3.	Sue Brett	Hellenic
4.	Erika Sauzier	Nightcliff
5.	Anna Almeida	Sanderson
6.	Nicole Green	Mindil Aces
7.	Gemina Corpus	Mindil Aces
8.	Vangi Boubaris <i>C</i>	Hellenic
9.	Deanna Kilmartin	Hellenic
10.	Yvonne Errington <i>VC</i>	Hellenic
11.	Faye Moxham	Mindil Aces
12.	Graea De Castro	Sanderson
13.	Marta Gawa	Hellenic
14.	Janice Brett	Hellenic
15.	Joanne Posgate	Hellenic
16.	Leonora Billias	Hellenic
17.	Dulcie Munn	Sanderson
18.	Anna Korfias	Nightcliff
20 19.	Dallas Campbell	Hellenic
21 20.	Fiona Poole	Sanderson



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

.. Team Profile

QUEENSLAND

TEAM COLOURS:

Maroon and White

MANAGER:

Fay Dower

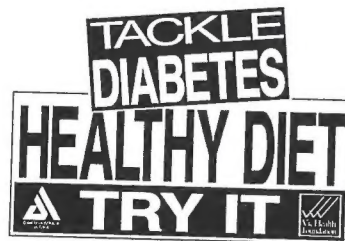
COACH:

Guenter Pfuhl

SPORTS TRAINER:

Alison Baker

No.	Name	Team
1.	Susan Clayton (vc)	Eastern Suburbs
2.	Tina Ensbey	Caloundra
3.	Angela Van Eyk	Coalstars
4.	Raeanne Dower	Northstar
5.	Amber Overton	Innisfail
6.	Tammie Thorton	Marlin Coast
7.	Donna Fredrickson (c)	Country United
8.	Tania Cosatto	Innisfail
9.	Katie Smith	Q.A.S. (QLD Academy Sport)
10.	Kim Revell	Q.A.S. (QLD Academy Sport)
11.	Kerryn Phillips	Marlin Coast
12.	Tammy Jansen	Coalstars
13.	Ann Louise Edwards	Country United
14.	Emma Cook	Marlin Coast
15.	Bryony Duus	Q.A.S. (QLD Academy Sport)
16.	Heather Louvel	Coalstars
17.	Kim Ketter	Eastern Suburbs
18.	Belinda Kitching	Q.A.S. (QLD Academy Sport)



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

.. Team Profile

SOUTH AUSTRALIA

TEAM COLOURS:

Red/Yellow

MANAGER:

Debra Rodda

SPORTS TRAINER:

Tina Peters

COACH:

Ron Cooper

ASSISTANT:

Di Murphy

No.	Name	Team
1.	Cindy Magro	
2.	Tiffany Winn	
3.	Karen Harris	
4.	Denise Finlay	
5.	Bev Hollands	VC
6.	Tamika Royle	
7.	Fiona McKenzie	C
8.	Jody Smith	
9.	Tracey Jenkins	
10.	Rachel France	
11.	Fiona Ward	
12.		
13.	DEBRA RODDA	
14.	Sarah Barker	
15.		
16.	Anne Cameron	
17.	Maria Doyle	
18.	Carol Cameron	



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

TASMANIA

TEAM COLOURS:

White/Red/Gold/Green

COACH:

Phil Johns

MANAGER:

Kerry Whiley-Browning

ASSISTANT COACH:

Karen Lawler/Schuurmans

No.	Name	Team
1.	Carolyn Lynch	Launceston
2.	Carolyn Jarvis	Calies
3.	Karen Lawler/Schuurmans	White Eagles
4.	Daleen Koch	Ulverstone
5.	Jane Taylor BROOKE BROWNING	Juventus
6.	Joanne Munro	Calies
7.	Anna Weller	Juventus North
8.	Debbie Edwards	Ulverstone
9.	MICHELLE BRADLEY	
10.	Kathy Portius	Launceston
11.	Lisa Medbury	University
12.	KELLIE HIBBS	
13.	Angela Thurley	Ulverstone
14.	Melanie Parry	Juventus North
15.	Fiona Wuksta-	Launceston
16.	Lisa Weeding	Juventus



HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... Team Profile

WESTERN AUSTRALIA

TEAM COLOURS:

~~Gold~~ Black and White

COACH:

Frank Longstaff

MANAGER:

Marie Gorton

ASSISTANT:

Michael Gorton

No.	Name	Team
1.	Denise Lofthouse	Gosetts
2.	Penny Tanner	Perth Italia
3.	Rachel Dreher	Forrest Field United
4.	Sarah Scott	Stirling Vasto
5.	Selina Holtze	Perth Italia
6.	Audrey Williams	Stirling Vasto
7.	Michele Matthews	Stirling Vasto
8.	Jude Pettitt	Stirling Vasto
9.	Jackie Wheeler	Forrest Field United
10.	Rachael Mander	Balcostta United
11.	Di Reeves	Stirling Vasto
12.	Luciana Colangelo (c)	Stirling Vasto
13.	Deb Farrell	Fremantle United
14.	Davina Pye	Perth Italia
15.	Joanne Rooney (vc)	Forrest Field United
16.	SANDRA SZOPSKI	

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Michael Kotevski



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HEALTHY DIET - TRY IT

21ST NATIONAL CHAMPIONSHIPS 1994

... championship draw ...

- ROSS RESERVE -
MELBOURNE
18-24 SEPTEMBER 1994

Sunday 18 Sept	10:00am	NSW	1	v	0	NT
	11:30am	QLD	0	v	0	ACT
	1:00pm	VIC	1	v	0	SA
	2:30pm	NNSW	0	v	0	WA
	4:00pm	TAS	0	v	4	NSW
Monday 19 Sept	10:00am	ACT	0	v	1	SA
	11:30am	NNSW	0	v	1	VIC
	1:00pm	QLD	4	v	0	TAS
	2:30pm	WA	1	v	0	NT
Tuesday 20 Sept	9:30am	QLD	0	v	1	NSW
	11:00pm	NT	2	v	1	SA
	12:30pm	WA	3	v	0	TAS
	2:00pm	ACT	0	v	0	VIC
	3:30pm	NNSW	0	v	1	QLD
Wednesday 21 Sept	10:00am	NT	1	v	2	VIC
	11:30am	WA	0	v	0	NSW
	1:00pm	ACT	0	v	2	NNSW
	2:30pm	SA	2	v	0	TAS
Thursday 22 Sept	9:30am	WA	1	v	1	QLD
	11:00am	TAS	0	v	7	VIC
	12:30pm	NT	2	v	0	NNSW
	2:00pm	SA	0	v	2	NSW
	3:30pm	WA	0	v	1	ACT
Friday 23 Sept	3:00pm	TAS	0	v	5	NNSW
	4:30pm	SA	0	v	4	QLD
	6:00pm	VIC	0	v	1	NSW
	7:30pm	NT	0	v	0	ACT
Saturday 24 Sept	11.00am	Exhibition Game				
	1:00pm	Final				

WHEN ONLY THE BEST WILL DO!

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PROGRESSIVE POINTS TABLE

TEAM	ACT	NSW	NNSW	NT	QLD	SA	TAS	VIC	WA	F	A	PTS
ACT		X 0-2	00 0-0	0-1	X 00	1-0	1	3	5			
NSW	X		X 1-0	1-0	2-0	4-0	1-0	0-0	9	-	11	
NNSW	2-0	X		0-2	0-1	X 5-0	0-1	0-0	7	4	5	
NT	0-0	0-1	2-0		X 2-1	X 1-2	0-1	5	5	5		
QLD	0-0	0-1	1-0	X		4-0	4-0	X 1-1	10	2	8	
SA	1-0	0-2	X 1-2	0-4		2-0	0-1	X 4	9	4		
TAS	X 0-4	0-5	X 0-4	0-2			0-7	0-3	-	25	-	
VIC	0-0	0-1	1-0	2-1	X 1-0	7-0		X	11	2	9	
WA	0-1	0-0	0-0	1-0	1-1	X 3-0	X		5	2	7	

PLACES:

- | | | |
|--------|---------|--------|
| 1. NSW | 4. WA | 7. ACT |
| 2. VIC | 5. NNSW | 8. SA |
| 3. QLD | 6. NT | 9. TAS |

FINAL:

WINNER RUNNER UP



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CHAMPIONSHIP RULES

1. The Australian Championships are open to teams representing single State Associations with which are affiliated with the AWSA.
2. The eligibility criteria for the Junior and Youth National Championships is respectively 15 years and under, and 18 years and under as at 1 January in the year of competition.
3. This tournament adopts the Laws of the Game as contained in the Referees Chart and Players Guide to the Laws of the Game (current edition) as published by the Football Association (England) and as modified by these Playing Rules.
4. A size 5 ball shall be used in all games.
5. Duration of games shall be 2 x 35 minute halves, with a half time period of no less than 5 minutes and no more than 10 minutes. Starting times for matches on all days should be scheduled at least 90 minutes apart. Injury time may be allowed at the referee's discretion.
6. Teams will consist of no more than 18 players and 4 officials.
7. Three substitutes may be used at any time during the game.
8. Should a team bring 18 players to a championship then they will be allowed to list 7 reserves on the team sheet but only 3 of whom may be used in any one game.
9. Each participating State Association is required, wherever possible, to have a second strip in case of colour clash.
10. Should there be a colour clash then the AWAY team will be required to change their strip.
11. Points shall be awarded on the following basis: win (2), draw (1) and loss (0).
12. Each team will play in accordance with the approved championship format and keys (as detailed in the Regulations).
13. If only 4 teams participate in a championship, then the leaders at the end of the first round robin will be declared winners of the Association Trophy, and the leaders at the end of both round robins shall be declared Champions. The game on Day 7 shall be a feature game only - ie Select 11 v Invitational 11 or similar.
14. In championships where 5 or more teams compete, then the leading team after Day 6 will receive the Association Trophy and the game on Day 7 will be played between the 2 teams leading the points table to decide the Championship.
- 15a. Should the Championship Final be a draw at full time then there will be a five minute break followed by extra time of 2 x 10 minutes. If the result is still a draw after extra time then penalty kicks (as per FIFA regulations) shall be taken to determine the winner.



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- 15b. In the event of a Final being cancelled or abandoned, with the approval of the AWSA members present, the winners of the Association Trophy shall be declared the Championship winners.
- 16a. In the event of teams being equal on points at the end of the preliminary rounds then goal difference will decide the order of finish. If goal difference is the same, then the team with most wins will be placed higher in the championship table. Should the number of wins be equal then the team which has scored the most goals will be placed higher. If goals scored are equal, they will be declared joint placegetters.
- 16b. In the event that two teams are absolutely equal in second place at the end of the preliminary rounds, these teams will compete in a playoff match at a mutually agreed time before the scheduled Final. The playoff will consist of 2 x 20 minute halves with penalty kicks to determine the winner if the score is drawn at full time.
17. If for any reason a State reports that it cannot field a team on a certain day during the tournament, then the opposing team shall be awarded two goals and two points.
18. Neutral referees shall be used wherever possible. All State Associations will be expected to nominate a referee to attend each Championship.
19. Trophies and medals for winners and runners-up are to be supplied by the AWSA. Perpetual trophies remain the property of the AWSA. No individual trophies (ie Best and Fairest, Leading Goal Scorer) shall be awarded. The maximum number of trophies/medals provided shall be 22 per State.
20. Players shirt numbers are to remain constant throughout the tournament. Any alterations to the printed program must be notified to the organisers prior to the first game.
21. After receiving three yellow cards during the tournament, a player must be automatically suspended for one match.
22. Any player given a red card shall be automatically suspended for one match. Should the Chair of the Judiciary Committee decide that the offence may warrant a longer suspension then the matter may be dealt with by the Judiciary Committee.
23. Any suspension imposed under Rules 21 and 22 shall be for championship games only and can be carried forward if necessary to the next championship.
24. Any player suspended under Rules 21 and 22 shall:
- not wear the team strip;
 - not sit on the team bench; and
 - not be listed on the match card
- for the match that she has received the suspension.

P.O. BOX 104, WATSON BAY, NSW 2030

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AUTOGRAPHS:

AFTER

DAY 4

	P	W	D	L	PTS	GD
NSW	4	3	1	-	7	+6
VIC	4	3	1	-	7	+3
WA	4	2	2	-	6	+4
QLD	4	2	1	1	5	+4
SA	4	2	-	2	4	+1
NNSW	4	1	1	2	3	-
NT	4	1	-	3	2	-2
ACT	4	-	2	2	2	-3
TAS	4	-	-	4	-	-13



HEALTHY DIET - TRY IT
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AUTOGRAPHS:

AFTER

DAY 5

	P	W	D	L	F	A	PTS	GD
VIC	5	4	1	-	11	1	9	+10
NSW	5	4	1	-	8	-	9	+8
WA	6	2	3	1	5	2	7	+3
QLD	5	2	2	1	6	2	6	+4
NT	5	2	-	3	5	5	4	-
SA	5	2	-	3	4	5	4	-1
ACT	5	1	2	2	1	3	4	-2
NNSW	5	1	1	3	2	4	3	-2
TAS	5	-	-	5	-	20	-	-20



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AUTOGRAPHS: